

**JILL UNGAR, CHT, HBCE, CMDH, REIKI  
MASTER**

I have been a Hypnotherapist and Certified Medical and Dental Hypnotherapist since 1999, as well as becoming a Reiki Master, Animal Reiki practitioner and certified DansKinetics® Instructor from the Kripalu Institute of Yoga. I have been a HypnoBirthing® practitioner since 2004, helping mothers relax, tune into their bodies and reconnect with the beauty, joy and calm that is the birthright of every mother and child. The Mongan Method of birthing is being held as the Gold Standard of Birthing worldwide and it is a great joy and pleasure to be bringing it to you.



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941.685.9159

[www.hypnobirthing.com](http://www.hypnobirthing.com)

## **Benefits of HypnoBirthing**

- Peaceful, relaxed natural birth
- Babies are alert and calm
- Mothers experience less or no post-partum depression
- Release of fear-tension-pain triangle
- Babies latch on more easily and quickly
- Babies stay with mom, skin-to-skin contact, bonding with both parents is very deep from the moment of birth
- Moms are given the empowerment to have the birth they choose – naturally
- HB techniques can be applied to everyday situations
- HypnoBirthing provides a technique for the safest, natural birth possible

## **HYPNOBIRTHING® THE MONGAN METHOD**



### **HypnoBirthing**

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HypnoBirthing Childbirth  
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## HYPNOBIRTHING THE MONGAN METHOD

Marie (Mickey) Mongan discovered through her own childbirth experiences what it is to birth a baby calmly and easily after having her first 2 births become a medical event, despite her wishes. Taking her subsequent birth experiences back into her own hands, Mickey set about reading the works of doctors around the world who had witnessed women giving birth and, when asked if they needed assistance, were told “Why would I? I’m giving birth!” As a result of this and much historical research, Mickey dedicated her life to developing techniques designed to return the natural birth experience to women. With the mind and body in harmony, women are free to birth easily, calmly, safely and without fear.

The techniques learned in HypnoBirthing are as useful for easing the tensions of every day living as they are in ensuring that birth is the deeply bonding and intuitive miracle it is exquisitely designed to be.

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## YOU WILL LEARN:

- To eliminate the myth that pain is a necessary accompaniment to labor
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- Techniques for deep relaxation to help you eliminate the Fear-Tension-Pain Syndrome that causes women to give in to medical intervention during birth.
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- How your body is naturally designed to conceive, nurture and birth your baby with ease and comfort.
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- Natural ways to bring your body into labor without artificial induction
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- How your birthing companion can be an important and integral participant in the birth of your baby.
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- Gentle birthing techniques that allow you to breathe your baby into the world without the violence of hard physical pushing.
- A new, gentler language for describing the phases and events of natural birth

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## THE RATIONALE FOR HYPNOSIS IN BIRTHING

It is accepted that there are certain “Rules of the Mind” that precede much of our behavior and beliefs: The mind can only hold one thought or emotion at a time and creates a physical response from that thought; Once a thought is accepted by the subconscious and acted upon successfully it will become a behavior and remain intact until replaced by another thought; most importantly, *New programming in the subconscious is always more powerful and always wins out over past programming when presented simultaneously.* Each of these specific rules is utilized in HypnoBirthing techniques and is an integral focus in Practitioner-led hypnosis sessions allowing moms and their birth companions to achieve deep relaxation and the joyful birth experience that is their birthright.

Classes are 4 consecutive weeks and generally run about 3 hours per session. Group or private classes in your home are also available.

Please call: 941.685.9159 or email me at [hhcoyote@verizon.net](mailto:hhcoyote@verizon.net) for more information.